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ABSTRACT

This module on meat grades and classes is the first of three (CE 028 291-293) in the meat cutting course of a bilingual skills training program. The course is designed to furnish theoretical and laboratory experience in the cutting of beef, pork, poultry, lamb, and mutton. Module objectives are for students to develop trade-related Spanish/English vocabulary; to identify classes and grades of beef, veal, pork (hog), chicken, turkey, mutton, and lamb; to identify methods of preserving poultry and fish and seafood; and to identify forms in which fish and seafood may be marketed. Contents include list of module objectives; pretest; five sections on (1) beef and veal, (2) pork, (3) poultry, (4) lamb and mutton, and (5) fish and seafood; posttest; and English/Spanish vocabulary list. Each section is organized into this format: instructions, vocabulary, and concepts (statements or questions to direct reading) presented in English and Spanish; readings; and worksheets to evaluate comprehension of the trade-related reading material. Worksheets also cover these areas: vocabulary, definitions, word attack skills, writing skills, spelling, and application of terminology to the trade area. (YLB)

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ED199483

CE 028 291

BILINGUAL SKILLS TRAINING PROGRAM

MEAT CUTTING

MODULE 1.0

MEAT GRADES AND CLASSES

U.S. DEPARTMENT OF HEALTH
EDUCATION & WELFARE
NATIONAL INSTITUTE OF
EDUCATION

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NORTHERN NEW MEXICO COMMUNITY COLLEGE

EL RITO, NEW MEXICO 87530

MODULE CONTENTS

- 1.1 Beef and Veal
- 1.2 Pork
- 1.3 Poultry
- 1.4 Lamb and Mutton
- 1.5 Fish and Seafood

MODULE OBJECTIVES

- 1. To develop trade related Spanish/English vocabulary
- 2. To identify 2 grades which apply to a beef carcass according to the USDA
- 3. To identify 6 classes which apply to beef
- 4. To identify quality beef and veal grades
- 5. To identify the 6 classes of hog carcasses and USDA pork grades
- 6. To identify chicken and turkey classes and grades
- 7. To identify methods of preserving poultry
- 8. To identify classes and USDA grades of mutton and lamb
- 9. To identify forms in which fish and seafood may be marketed
- 10. To identify methods of preserving fish and seafood

MEAT CUTTING

Meat cutting is designed to furnish theoretical and laboratory experience. The course is conducted so that students learn by doing the actual cutting of beef, pork, poultry, lamb and mutton. Some of the phases covered in the program include inventory, profit and loss, percentage, buying, grading, market management, refrigeration, display procedures, sanitation and personal hygiene.

ACTIVITIES

To clarify the purpose of each reading, the instruction, vocabulary and concepts are presented in Spanish and English.

Readings are followed immediately by a series of diversified worksheets which evaluate comprehension of trade related material.

Oral language development exercises, directed by the instructor, are presented to reinforce written concepts. Students are encouraged to utilize and expand their technical vocabulary by engaging in discussion with other students, the instructor and the tutor.

Audio visual materials are utilized to introduce subject matter. These materials are readily available to students and may be used on an individual or group basis.

Students are directed to utilize supplementary material available in the Learning and Resource Center, and as a result reinforce concepts presented in the module.

EVALUATION

Module Pre-Test

(Any student who scores 90% or below will complete entire module)

Module Post-Test

(Any student who scores 90% or below will repeat areas where improvement is necessary)

Worksheets

Oral Exercises

Supplementary materials

PRE-TEST

1. According to the United States Department of Agriculture, name and describe the 2 grades which apply to a beef carcass.
2. Class is determined according to sex conditions of the animal. Name the 6 classes as they apply to beef.
3. Name and describe quality grades as they apply to beef. As they apply to Veal
4. Name and describe the 6 classes of hog carcasses.
5. According to the United States Department of Agriculture standards, name and describe grades of pork.
6. Name and describe classes of chicken. Classes of turkey.
7. Name and/or describe grades of chicken. Grades of turkey.

8. Name 2 methods of preserving poultry quality.
9. Name and describe classes of lamb. Classes of mutton.
10. According to the United States Department of Agriculture, name the grades as they apply to lamb. As they apply to mutton.
11. List the forms in which fish and seafood may be marketed.
12. At what temperatures must fresh fish and seafood be kept to avoid perishability?
13. At what temperatures must frozen fish and seafood be kept to avoid perishability?

Instructions:

The following reading contains information on beef and veal.
Read it carefully then complete the worksheets.

Instrucciones:

La siguiente lectura contiene información tocante a la carne de rez y ternera. Léala cuidadosamente y luego conteste los ejercicios.

Vocabulary

breeds
quality-grade
yeild
bologna
beef
veal - heifer
cow
bull
steer - stag
castration

Vocabulario

castas
calidad
producir
bolonia
carne de rez
ternera
vaca
toro
novillo
capadura

Remember the following as you read.
Recuerde lo siguiente al leer.

1. The difference between beef and veal.
La diferencia entre la carne de rez y ternera.
2. The different classes of beef.
Las diferentes clases de carne de rez.
3. The different grades of beef.
Las diferentes calidades de carne de rez.

Beef and Veal

Cattle are among the most important domesticated farm animals raised in many breeds, primarily for beef, veal and dairy products. These animals are shipped from ranches to the great central stockyards where they are purchased then sent to slaughter houses. Slaughtering is followed by the beef dressing process which is usually accomplished in packing houses.

Before the meat is sent out to various markets, the United States Department of Agriculture (USDA) inspects and grades the beef. Graders judge the complete beef carcass and apply both a quality and a yield grade. Tenderness and savoriness of the beef are characteristics of quality beef on a carcass. Following are quality grades as they apply to beef.

PRIME grade is beef which comes from young well fed animals; liberal streaks of fat interspersed within the lean, called marbling, add to the juiciness, tenderness and flavor of the meat.

CHOICE grade usually has less fat than prime grade. Most customers prefer this grade because of the high quality. More choice grade beef is available than any other kind.

GOOD grade has a reasonable degree of quality. Economy minded consumers prefer this grade. It is tender and has a high proportion of lean to fat. It lacks the juiciness which is characteristic of prime and choice.

STANDARD grade is popular with customers who are looking for a high proportion of lean. It is usually tender, has a mild flavor but not as juicy as beef which has more marbling.

COMMERCIAL, UTILITY, CUTTER and CANNER grades are used primarily for processed meats such as bologna and frankfurters. The grade is from older cattle and is not as tender as the higher grades.

The USDA uses five different yield grades which range from 1 to 5. A yield grade of 1 indicates that the carcass has a large amount of marketable beef and very little fat. When a carcass has a large amount of fat which must be cut off then a yield grade of 5 will apply.

Also important about beef, besides, quality and yield grades, are classes. Class is determined according to the sex condition of the animal. The five classes are cow, bull, stag, steer and heifer.

Cow beef comes from a female animal which has calved at least once. The bones are hard and white, the fat is almost always found in bunches and has an oily appearance. Meat from this animal is not eligible for PRIME grade.

Bull beef is the beef which comes from a grown male animal. PRIME and STANDARD grades are not applicable to this class.

Stag beef is obtained from a grown male. This animal was castrated after it had matured completely. If the animal was castrated immediately after reaching maturity the meat will resemble steer beef. The beef will resemble bull beef if castration was done later. PRIME and STANDARD grades are excluded in this class.

Steer beef comes from a male animal which was castrated early in life. Its carcass has a significant amount of fat in the sac from which testicles were removed. All eight grades apply.

Heifer beef is the meat from a female that has never given birth. A strong characteristic of this animal is a good amount of fat in the udder and an unusual softness and redness of the bones. All eight grades apply.

Veal is the meat obtained from animals which are too young for the beef market. These animals are usually under twelve weeks old. Veal resembles beef but has more water than beef, it also has more fat. Veal is more tender than beef but the older age of beef makes it tastier than veal. A person in the United States consumes about 2 1/2 pounds of veal annually as compared to 115 pounds of beef.

PRIME, CHOICE, GOOD, STANDARD, UTILITY and CULL are grades applicable to veal. The best grades of veal are characterized as being plump and range in color from light pink to light gray. Meat from the lower grades is thin and watery.

Various nutrients important to the human body are found in beef and veal. Several fundamental vitamins such as niacin, riboflavin and thiamine and essential minerals such as iron and phosphorous are provided by this meat. It also has a high energy value.

Fill in the blanks

1. Many breeds of cattle are raised for _____, _____ and _____ products.
2. Beef which is not eligible for PRIME grade is produced by _____, _____, and _____.
3. Animals which produce veal are usually under _____ old.
4. Grades which apply to veal are _____, _____, _____, _____ and _____.
5. _____ and _____ grades do not apply to bull beef.
6. Liberal streaks of fat found within the lean is called _____.
7. Most customers prefer _____ grade because of the high quality.
8. Customers who are economy minded prefer _____ grade.
9. The five classes of beef are _____, _____, _____, _____ and heifer.
10. Class is determined according to the _____ condition of the animal.

Fill in the blanks

_H_IC_

PR_M_

G_O_

ST_N_A_D

_C_ME_CIA_

U_I_I_Y

C_TT_R

C_N_ER

c_w be_f

bu_l be_f

st_g be_f

st__r be_f

h_if_r be_f

q_a_i_y be_f

y_e_d g_a_e

ve_l

True or False

- _____ 1. Beef is the meat which comes from mature cattle.
- _____ 2. Both a quality and a yield grade apply to a beef carcass.
- _____ 3. Cuts from a PRIME carcass would also be graded as PRIME.
- _____ 4. The United States Department of Agriculture (USDA) inspects and grades beef.
- _____ 5. PRIME grade beef comes from a mature cow.
- _____ 6. A heifer is an animal which has calved at least once.
- _____ 7. Bologna and frankfurters usually come from heifers.
- _____ 8. A characteristic of cow beef is the oily appearance of the fat.
- _____ 9. A grown male animal which was castrated after full maturity is a stag.
- _____ 10. People in the United States eat more beef than veal.

Answer the following:

1. Explain the difference between quality and yield grades.
2. Explain the difference between grade and class.
3. Explain the difference between beef and veal.
4. Explain the difference between a stag and a steer.

Instructions:

The following reading contains information about hogs. Read it carefully then complete the worksheets.

Instrucciones:

La siguiente lectura contiene información tocante a los cerdos. Léale cuidadosamente y luego conteste los ejercicios.

Vocabulary

hogs
pork chops
ham
bacon
fertilizers
bristle
quality
glue-adhesive
breed
suckling
market
palatable

Vocabulario

cerdos-puercos
chuletas de cerdo
jamón
tocino
fertilizantes
seta - cerda
calidad
adhesivo
casta
mamantón
mercado
sabrosa

Remember the following as you read.
Recuerde lo siguiente al leer.

1. What breeds of hogs are most suitable for meat production?
¿Cuáles castas de cerdo (puerco) producen mejor carne?
2. The six classes of hog carcasses.
Las seis castas de carcasas de cerdo (puerco).

Pork

In the United States about one fourth of all the meat consumed comes from hogs. Some of the meats (cuts) which these animals provide are pork chops, ham, bacon and sausage. Other parts of the hog are also used to make lard, leather, soap, fertilizers, glue, medicines, hog bristle brushes, etc.

There are about twenty breeds of hogs raised in the United States, but the most suitable for meat production include the Duroc, Hampshire, Spotted Swine, Poland China, Chester White, Berkshire, Yorkshire, Tamworth and the American Landrace.

Hogs are usually ready for market in the Spring or early Fall when they are shipped to various central stock yards in the United States. Here, hogs are purchased by meat-packing plants where the animals are butchered and the carcasses are processed.

Carcasses are divided into six classes. Butcher carcasses are the best quality. These are cut at the packing plant into fresh pork, bacon and hams. Bacon carcasses are thinner with less covering of fat than butcher carcasses. Carcasses which are generally smoked or salt-dried are referred to as Packing carcasses. A Shipper carcass is good quality pork which is sold to butcher shops. These shops usually prefer to cut up their own pork. Also sold whole are roasting and suckling pigs, primarily to restaurants and hotels.

Most pork comes from hogs which are six to twelve months old. The United States Department of Agriculture grades of pork are; No. 1, has a smooth skin with firm covering of fat, and indications of adequate marbling. It is free from wrinkles and hair roots.

No. 2 and No. 3 are fatter than No. 1 and not quite as good. Medium Grade has less fat than grades 1, 2 and 3. Cull has little finish.

In general, most pork is quite uniform. It is universally used and is quite delicious when carefully prepared. The fat is sweet and the lean is tender and juicy. A combination of the two is very palatable. A greater number of edible products are produced from pork than from any other meat.

Fill in the blanks.

1. About _____ of all meat eaten in the United States comes from hogs.
2. Some of the meats provided by hogs are _____, _____, _____ and _____.
3. Three of the nine most suitable breeds of hogs for meat production in the U.S. are _____, _____ and _____.
4. Hogs that provide most of the pork are _____ to _____ months old.
5. Hotels and restaurants usually purchase _____ and _____ pigs.
6. Because some butcher shops prefer to cut up their own pork they purchase _____ carcasses.
7. Hogs are _____ and _____ in meat packing plants.
8. _____ carcasses are the best quality.
9. Hog carcasses are divided into _____ classes.
10. No. _____ grade pork has indications of adequate _____.

Unscramble

korp cohps

uasgaes

terhlea

rihskeber

sarcasc

nobas

kulscngi

gintrsoa

turebch

tibsrel

Fill in the blanks

f _ til _ e _ s

m _ k _ t

p _ _ k _ n _

c _ rc _ ss _ s

br _ _ d

g _ ad _ s

ma _ b _ in _

c _ l _

t _ nd _ r

sm _ k _ d

Describe the following grades of pork:

No. 1

No. 2 and No. 3

Medium

Cull

True or False

- _____ 1. Some parts of the hog are used to make fertilizer.
- _____ 2. In Spring or late Fall hogs are usually ready for butchering.
- _____ 3. Hog fat is usually bitter and tough.
- _____ 4. No. 2 grade pork is fatter than No. 1.
- _____ 5. Salt dried or smoked carcasses are referred to as bacon carcasses.
- _____ 5. The Hereford is one of the most popular breeds of hogs in the United States.
- _____ 7. Bacon carcasses have less covering of fat than butcher carcasses.
- _____ 8. The United States Department of Interior usually grades the pork.

Instructions:

The following reading contains information on poultry. Read it carefully then complete the worksheets.

Instrucciones:

La siguiente lectura contiene información tocante a la carne de ave. Léala cuidadosamente y luego conteste los ejercicios.

Vocabulary

poultry
chicken
turkey
chill
crystal
grade
partridge
pheasant
quail

Vocabulario

carne de ave
pollo
pavo
helar - enfriar
cristal
casta
perdiz
faisán
codorniz

Remember the following as you read.
Recuerde lo siguiente al leer.

1. Differences in chicken and turkey grades. Which are the best quality grades and why?

La diferencias entre las calidades de pollo y pavo. ¿Cuáles calidades son mejores y por qué?

2. Chicken and turkey classifications.
Clasificaciones de pollo y pavo.

Poultry

Generally speaking, poultry is a term which applies to all fowl used for the dual purpose of meat and/or egg production. The most important kinds of poultry are chickens, turkey, duck and geese, also included in the classification are peacocks, guinea fowl and wild birds such as partridge, grouse, swans, pheasant, quail, etc.

Chickens are raised throughout the United States. Most of these animals produce both meat and eggs. Some of the most popular dual purpose breeds are the Barred and White Plymouth Rock, White Wyandote and the Rhode Island Red. Heavy set bodies, full small bones and short legs are strong characteristics of meat producing chickens. The meat is of high quality and quite tender. As with all fowl, when the chicken is older than one year, the meat has a tendency to become fibrous and tough. Following are classifications as they apply to chicken.

Fryer or Broiler - either sex under sixteen weeks, tender meated, smooth-textured skin, flexible breastbone cartilage and weighs approximately four pounds.

Roaster - either sex under eight months, tender meated, smooth-textured skin, less flexible breastbone cartilage than the fryer and weighs over three pounds.

Capon - unsexed male under ten months, tender meated and smooth-textured skin.

Stag - male under ten months, coarse skin tough and darkened meat and considerable hardening of the breast bone cartilage.

Hen, Stewing Chicken or Fowl - mature female, over ten months, less tender meat than roaster and has non-flexible breastbone.

Cock - mature male with coarse skin, dark tough meat and hardened breastbone.

Chicken, like other meats, must be graded to assure the quality of the product. The following apply when grading chicken.

Grade A - is meaty and full fleshed. A good layer of fat and a broad full breast are characteristics of this grade.

Grade B - is not as fat and meaty as Grade A. It may have minor tears, bruises and a few pin feathers.

Grade C - is poorly covered with fat and poorly fleshed. The bones are crooked or broken and the skin is torn, cut or bruised.

Turkey is a significant component of the American poultry business. It is extremely popular during the winter holidays. The meat is delicious and nourishing. Turkeys are sold whole, though boneless turkey roasts, turkey steaks and other products have also been developed. Very little work is required by retail meat cutters in regards to turkey. AA, A, B and C are grades which apply to turkey and are classified according to the following:

Fryer or Roaster - either sex, under sixteen weeks, tender meated, smooth textured skin, and flexible breastbone cartilage.

Young Hen - female under eight months, tender meated, smooth textured skin and a less flexible breastbone than roaster.

Young Tom - male with same characteristics as those of the hen.

Hen - fully matured female over ten months old.

Tom - male with same characteristics as those of the hen.

When processing poultry, precautions must be taken to preserve the quality of the product. Two methods of preserving poultry quality are "fresh killed" and "quick freezing."

The "fresh killed" process involves immediate chilling of the product at just below freezing (under 32°) if it is to be consumed within two weeks. Poultry which will be held longer must be quick frozen.

The "quick freezing" process is utilized to prevent formation of cell damaging ice crystals. Poultry is frozen at temperatures between -22° to -50°F. This cools the flesh so rapidly that ice crystal formation is prevented. Thawed poultry which was quick frozen has the texture, flavor and appearance of fresh killed poultry.

In the United States each person consumes approximately forty pounds of chicken, about ten pounds of turkey and 280 eggs each year. Although all poultry yields meat, most of the eggs are laid by chickens. Poultry ranks as the third most important meat product in the United States.

Fill in the blanks

1. Poultry ranks _____ as a meat product in the United States.
2. Immediate chilling of the product is known as the _____ method.
3. There are _____ methods of preserving poultry.
4. Turkeys are sold as roasts, steaks and/or _____.
5. Meat from a mature chicken tends to be _____ and _____.
6. Most chickens produce both _____ and/or _____.
7. Chickens with _____ bones and _____ legs are meat producing.
8. Fowl such as _____, _____, _____ and _____ are considered the most important kind of poultry.
9. AA, A, B and C are _____ applied to _____.
10. The unsexed male chicken under ten months old is more commonly known as the _____.

Is there a difference between these classifications? If so, describe.

1. Chicken Roaster

Turkey Roaster

2. Hen (chicken)

Young hen (turkey)

True or False

- _____ 1. Peacocks, partridge, and pheasant are considered the most important kinds of poultry.
- _____ 2. About forty pounds of chicken are consumed by each person over the period of one year.
- _____ 3. "Quick freezing" refer to the process used to prevent ice crystal formation.
- _____ 4. "Fresh killed" and "quick freezing" poultry are different in taste and texture after they have been thawed.
- _____ 5. Temperatures between -32° to -50°F are used in the "fresh killed" process.
- _____ 6. Turkey is prepared by retail meat cutters.
- _____ 7. Turkey is very important in the poultry business.
- _____ 8. When referring to the quality of chicken three grades are applied.
- _____ 9. The Barred White Plymouth Rock is an egg producing chicken.
- _____ 10. Most eggs are laid by capons.

Describe each of the following:

1. Grade B (chicken)

2. Young Tom

3. Cock

4. Grade C (chicken)

5. Stag

6. Grade A (chicken)

7. Broiler

Instructions:

The following reading contains information regarding classifications and grades of lamb and mutton. Read it carefully then complete the worksheets.

Instrucciones:

La siguiente lectura contiene información tocante a las clasificaciones y castas de cordero y carnero. Léala cuidadosamente y luego complete los ejercicios.

Vocabulary

lamb
wether
yearling
sheep
ram
ewe
brittle
slaughter
wool
mutton

Vocabulario

cordero
carnero llano
añal
oveja - ovejas
morueco
oveja
frágil
matanza
lana
carnero

Remember the following as you read.
Recuerde lo siguiente al leer.

1. Grades of lamb and mutton according to the United States Department of Agriculture (USDA).

Calidades de cordero y carnero según el Departamento de Agricultura Estado Unidense (DAEU).

2. The different classes of lamb and mutton.
Las diferentes clases de cordero y carnero.

People in almost all sections of the world raise sheep. These animals are among the most important that man has ever tamed because they provide both food and clothing.

Sheep, like other livestock, are shipped by train or truck to different stock yards in the United States. The animals are purchased by meat packing plants where they are slaughtered; the meat is then processed and prepared for transportation and sale.

Meat which comes from sheep is classified as lamb or mutton. These classifications are based primarily on age. Lamb is meat which comes from an animal not yet a year old and is further subdivided according to maturity. As the lamb matures changes in character, color and consistency take place. Following are detailed descriptions for a better understanding of lamb.

Lamb Classifications

(a) Hot House Lamb - is two to five months old, raised under artificial conditions indoors. Rated extra fancy.

(b) Genuine Lamb - is three to five months old, available from March to November. The meat is light pink and tender.

(c) Spring Lamb - is five to eight months old, available from January to May. Not as tender as genuine lamb but very tasty.

(d) Lamb - is eight to twelve months old, available from January to May. It is not as tender as the first three classes. Usually slaughtered after spending a few months in feed lots.

The United States Department of Agriculture (USDA) uses the following to grade lamb. With the exclusion of prime, these same grades are also applied to mutton.

(a) Prime	Finest
(b) Choice	Next-best
(c) Good	Good
(d) Utility	Fair
(e) Cull	Poor

Lamb becomes mutton when the sheep is about a year old. These age offers dark red meat, the bones are snow white, hard and brittle. Following are classifications of mutton.

Mutton Classifications

(a) Yearling Lamb (mutton) - is about a year old and is distinguished from lamb because of its large size, darker meat and white bone structure.

(b) Wether (mutton) - is a mature male sheep castrated when it was twelve months or older. The taste of cooked wether mutton is strong and sometimes has a peculiar odor. This is caused by the absorption of wool oil into the flesh.

(c) Ewe (mutton) - is a mature female sheep that has given birth and is at least twenty months old at time of slaughter. The taste and odor are similar to that of wether mutton.

(d) Ram (mutton) - is a male that has never been castrated and is more than two years old at time of slaughter; the meat is dark and the bone structure is large. Also has a strong taste and a peculiar odor.

People in the United States consume an average of about three pounds of lamb and mutton a year. It is savory, highly digestible and very nutritious. This meat does not have religious prejudices and provides for an added variety to any diet.

Fill in the blanks

1. Sheep provide both _____ and _____.
2. The USDA applies the following grades to grade mutton _____, _____, _____.
3. Meat from sheep is classified as _____ or _____.
4. Lamb classifications are primarily based on _____.
5. Lamb is further _____ according to maturity.
6. Changes in color, consistency and character take place as the lamb _____.
7. _____ lamb is raised under artificial conditions.
8. The USDA uses _____, _____, _____, _____ and _____ when grading lamb.
9. _____ mutton, _____ mutton and _____ mutton have a peculiar odor.
10. A mature male sheep castrated when it was twelve months or older is a _____.

Circle the correct spelling for each.

1. mutton	muttun	mutten
2. eue	ewe	yew
3. yearling	yeerling	yearleen
4. wethere	wether	whethere
5. sheep	shen	sheepe
6. preme	prime	primh
7. choice	choyce	chioce
8. castrited	castruted	castrated
9. geniune	genuine	genuene
10. mature	matuer	meture

True or False T or F
DNS- Does not say

- ___ 1. Sheep are raised in almost all areas of the world.
- ___ 2. Sheep raising is the second largest industry in the United States.
- ___ 3. Most people prefer to eat mutton rather than lamb.
- ___ 4. A two year old male sheep is referred to as a yearling.
- ___ 5. In one year a person in the United States consumes about three pounds of mutton and lamb.
- ___ 6. Sheep are transported to stock yards by trucks only.
- ___ 7. Mutton is as tender as lamb.
- ___ 8. The USDA uses the same procedure to grade lamb as that used to grade mutton.

Instructions:

The following reading contains information about fish and seafood. Read it carefully then complete the worksheets.

Instrucciones:

La siguiente lectura contiene información tocante al pescado y los mariscos. Léala cuidadosamente y luego conteste los ejercicios.

Vocabulary

seafood
fish
fillet
oyster
shrimp
crab
calcium
amino acid
magnesium
phosphorous
minerals

Vocabulario

mariscos
pescado
filete
ostra
camarón
cangrejo
calcio
aminoácido
magnesio
fosforoso
minerales

Remember the following as you read.
Recuerde lo siguiente al leer.

1. The nutritive elements derived from fish and seafood.
Los elementos nutritivos que vienen del pescado y los mariscos.
2. What precautions must be taken when processing fresh fish or seafood?
¿Qué precauciones se deben tomar cuando se prepara el pescado y los mariscos?

Fish and Seafood

Fish and seafood have continuously been enjoyed by people all over the world. Fish are defined as vertebrates, backboned animals, that live in lakes, ponds, streams, rivers, oceans, etc. Fish may further be subdivided into fresh or saltwater fish. A prime example of a fresh water fish is the brook trout.

Seafood, on the other hand, includes saltwater fish and shellfish. Examples of seafood are lobsters, oysters, etc.

Fish and seafood have a natural flavor and are tender meated because the medium in which they live does not require the use of strong, tough muscles. They provide a variety, as well as a quantity of nutritive elements that are found in few other foods. Nutritive fish elements are 20% protein, 1 to 20% fat and 1% minerals and amino acids.

Shellfish such as oysters, shrimp, and crabs are rich in calcium, magnesium and phosphorous. They contain more of these minerals than an equal weight of milk. These products also contain large amounts of copper, iodine and iron. Animal liver is the only meat that exceeds oysters in iron content.

The preservation of fish and seafood is very important because of the high perishability of these products. Fresh fish and seafood must be kept at temperatures of 30° to 32°F. Frozen fish and seafood must be kept at temperatures below 0°. These products must be checked constantly and those which are thawed or partially thawed should not be refrozen because this tends to damage the delicate flavor and tenderness.

During processing of fresh fish or seafood, a separate cutting area must be used to eliminate fish odors and contamination of other fresh products. All equipment used in processing fish and seafood must be immaculately cleaned. After handling these products hands must be washed before handling other merchandise or serving a customer. The best method for washing hands is using cold water and salt. Soap is not recommended since it tends to preserve the fish juices that cling to hands.

Fish and seafood may be processed in the various conditions indicated below.

- A. Salted (dry salt)
- B. Brined
- C. Smoked
- D. Pickled
- E. Spiced
- F. Broiled (cooked)

Fish and seafood, in order of popularity, are marketed in the following fresh or frozen forms:

- 1. Fillets
- 2. Steaks
- 3. Dressed (cleaned, gutted)
- 4. Drawn
- 5. Round (whole, ungutted with head)

A profitable addition to retail meat departments is a fresh fish and seafood section. This section also enables the customers to use fish or seafood interchangeably as a source of protein without affecting the nutritive value or the cost of the diet.

There is an ever increasing demand for genuinely fresh-flavored, waste-free, ready-for-the pan fish and seafood.

Summarize what you have just read.

Fill in the blanks

__r__sh

s__a__oo__

m__ne__als

s__e__l__ish

am__no

s__ri__p

o__st__rs

dr__ss__d

__ro__en

s__l__ed

b__in__d

s__o__ed

__ic__led

s__ic__d

b__o__led

f__l__ets

__t__ak

d__a__n

e__ui__m__nt

Arrange in alphabetical order

fresh

fish

seafood

round

shellfish

drawn

equipment

oysters

dressed

frozen

salted

brined

smoked

pickled

spiced

broiled

fillets

steak

True or False

- _____ 1. Fish and seafood are processed in the following conditions: salted, brined, smoked, pickled, spiced and broiled.
- _____ 2. Fresh or frozen fish is marketed in the following forms: fillets, steaks, dressed, drawn and round.
- _____ 3. Equipment used in the processing of fish and seafood does not need to be immaculately clean.
- _____ 4. A different or special cutting area should be used when processing fish.
- _____ 5. Soap is the preferred method for washing away fish juices that cling to hands.
- _____ 6. Salt and cold water is best of removing fish juices from hands.
- _____ 7. Fish and seafood are an excellent source of protein are also rich in vitamins.
- _____ 8. Shellfish contain more magnesium and phosphorous and calcium than an equal weight of milk.
- _____ 9. Animal liver is the only meat that exceeds oysters in iron content.
- _____ 10. Fish or seafood that has been thawed does not damage the flavor or tender texture of fish or seafood.

POST TEST

Matching

Beef and Veal

- | | |
|------------------|---|
| ___ quality beef | A. female that has never calved. |
| ___ yield grade | B. was castrated after reaching complete maturity. |
| ___ cow | C. male which was castrated early in life. |
| ___ bull | D. tenderness and savoriness of beef. |
| ___ steer | E. female which has calved at least once. |
| ___ heifer | F. meat obtained from animal under twelve weeks old. |
| ___ veal | G. marketable amount of meat. |
| ___ stag | H. a grown male, grades prime and standard don't apply. |

Hog Carcasses

- | | |
|---------------------------|--|
| ___ Butcher | A. primarily sold to restaurants and hotels. |
| ___ Bacon | B. primarily sold to butcher shops. |
| ___ Packing | C. best quality. |
| ___ Shipper | D. thinner with less covering of fat than butcher. |
| ___ Roasting and Suckling | E. generally smoked or salt dried. |

Pork Grades

- | | |
|-----------------|---|
| ___ No. 1 | A. has less fat than grades 1, 2 and 3. |
| ___ No. 2 and 3 | B. indications of adequate marbling. |
| ___ Medium | C. has little finish. |
| ___ Cull | D. are fatter than No. 1. |

Poultry Grades (Chicken)

- | | |
|-------|--|
| ___ A | 1. poor fat covering and poorly fleshed. |
| ___ B | 2. meaty and full fleshed. |
| ___ C | 3. not as fat and meaty as grade A. |

Poultry (Chicken and Turkey)

☐ Fryer or broiler	A. immediate chilling at just below freezing (32°)
☐ Roaster	B. mature female over 10 months old.
☐ Capon	C. mature male with coarse skin.
☐ Stag	D. prevents formation of cell damaging ice crystal.
☐ Stewing Chicken	E. either sex chicken under sixteen weeks old.
☐ Cock	F. female turkey under 8 months old.
☐ Young Tom	G. male turkey under 8 months old.
☐ Young Hen	H. either sex chicken under 8 months old.
☐ Quick Freezing	I. Unsexed male chicken.
☐ Fresh Killed	J. male chicken under 10 months old.

Lamb and Mutton

☐ Hot House	A. mature male, never castrated.
☐ Genuine Lamb	B. mature male, castrated when 12 months old.
☐ Spring Lamb	C. raised under artificial conditions.
☐ Lamb	D. three to five months old.
☐ Yearling	E. mature female that has given birth at least once.
☐ Wether	F. about a year old and is larger than a lamb.
☐ Ewe	G. five to eight months old.
☐ Ram	H. eight to twelve months old.

Fish and Seafood

☐ Fresh fish/seafood	A. fillets, steaks, dressed, drawn, or round.
☐ Frozen fish/seafood	B. salted, brined, smoked, pickled, spiced, broiled.
☐ Fresh frozen marketed forms	C. must be kept at temperatures below 0° F.
☐ Processed conditions	D. must be kept at temperatures of 30° F.

Vocabulary

amino acid

bacon

beef

bologna

breast

breed

bristle

brittle

broil

bruise

bull

butcher

calcium

calf

capon

carcass

castrate

chill

chicken

choice

class

cock

commercial

consume

cow

crab

Vocabulario

aminoácido

tocino

rez

bolonia

pecho

casta

cerda

frágil

asar

golpe

toro

carnicero

calcio

becerro

capón

carcasa

capar

helar

pollo

selecta

clase

gallo

comercial

consumir

vaca

cangrejo

Vocabulary

crystal
customer
domesticate
duck
economy
egg
energy
ewe
fall
farm
fertilizer
fiber
fish
flavor
fowl
frozen
goose
genuine
grade
ham
hen
hog
hot house
inspect
iron
lamb

Vocabulario

cristal
marchante
domesticar
pato
economía
huevo
energía
oveja
otoño
rancho, finca
fertilizante
hebra
pescado
sabor
ave
helado
ganso
genuino
grado
jamón
gallina
cerdo
invernadero
inspector
hierro
cordero

Vocabulary

lean
livestock
lobster
magnesium
marbling
market
mature
meat
mineral
muscle
mutton
niacin
nutrient
ocean
odor
oyster
packing
palatable
partridge
perishable
phosphorous
pickled
prime
pork
pork chop
poultry
quail

Vocabulario

carne moller
ganaderia
langosta
magnesio
entreverado
mercado
madurar
carne
mineral
músculo
carnero
niacina
nutriente
océano
olor
ostra
empaque
sabroso
perdis
perecedero
fosforoso
salmuero
primer
puerco
chuleta de cerdo
carne de ave
codorniz

Vocabulary

quality
ram
roast
sausage
savoriness
seafood
sheep
shrimp
slaughter
smoked
soap
spice
spring
standard
steak
steer
stockyard
swine
tame
tender
thaw
train
truck
turkey
udder
veal
vertebrate

Vocabulario

calidad
morueco
carne para asar
salchicha
sabor
mariscos
oveja
camarón
matanza
humado
jabón
especia
primavera
standard
tajada
novillo
ganadero
cerdo-puerco
manso, domesticado
tierno
deshelar
tren
camión
pavo
ubre
ternera
vertebrado

Vocabulary

vitamin

wether

wool

wrinkle

yearling

yield

Vocabulario

vitamina

carnero llano

lana

arrugar

añal

producir